

Do You Get Up

With a Lame Back?

Kidney Trouble Makes You Miserable.

Almost everyone knows of Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because of its remarkable health restoring properties. Swamp-Root fulfills almost every wish in overcoming rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to urinate and scalding pain in passing it. It cures the following diseases of the kidneys, liver and bladder, and overcomes that unpleasant condition of being compelled to go often during the day, and to get up many times during the night.

Swamp-Root is not recommended for children, but if you have kidney, liver or bladder trouble, it will be found just the remedy you need. It has been thoroughly tested in private practice, and has proved so successful that a special arrangement has been made by which all patients using this paper, who have not already used it, may have a sample bottle sent to them free of charge. Also a book telling how to cure Swamp-Root, and how to take it, and how to have kidney, liver and bladder trouble. Write for this free book and sample bottle to Dr. J. C. Hardy, Editor of The Commonwealth, Scotland Neck, N. C., on every bottle.

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Free Tailoring, Pressing and Repairing. Guarantee prices and workmanship. All our work done in the building on Main Street, Scotland Neck, N. C.



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Satisfaction Guaranteed. We grind our own lenses.

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The Expert Opticians,
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Catalogue on Application. Mail Orders promptly attended to.

PARKER'S HAIR BALM
This balm will make the hair grow and keep it in the best of health. It is a valuable remedy for itching scalp, dandruff, and all other hair troubles. It is sold in 25-cent and 50-cent bottles. Write for free trial bottle to Parker Brothers, Boston, Mass.

POSTED!
All the lands formerly owned by The North Carolina Lumber Company, against hunting, fishing, or trespassing of any kind.
S. F. DUNN, Agent
for Dr. H. H. Fries.

The Crew of the Limited.

The station twinkles its myriad eyes Where thin rails dwindle and crawl from sight; With clash and tumult and clear good-bys, Throbbing and chaffing, we fume for flight. Winged with shadow and barbed with light, Waiting the word like an arrow drawn— Sharp and sure on the cloven night: Signed for a thousand miles by dawn!

The lurching coaches are hard at heel: Kicking a tune to the measured ties; Slowing a pace when the whining wheel Answers the brake on a conquered rise. Now like a ribbon the level lies— Lean to the throttle and send her on! (The first that fails is the first that dies), Signed for a thousand miles by dawn!

Belching flames and rebellious steam, Freight of treasure a king might prize; Treacherous track and gapping stream, Trusting hearts where the sleeper flies; Pittied against the midnight skies One man's brain and another's brawn—

(He that pledges is he that tries) Signed for a thousand miles by dawn! Dangers and dark and enemies, Slip a notch and the game is gone! He that falters if he that dies— Signed for a thousand miles by dawn!

—Nancy Byrd Turner, on April Everybody's.

JUDGE LYON'S CHARGE.

Says Prohibition is Doing a Great Good For North Carolina.

Wadesboro, N. C., April 19.—The April term of the Superior Court convened at Wadesboro yesterday morning, with Judge C. C. Lyon presiding.

In charging the grand jury Judge Lyon remarked that in his experience he had never known an office to seek a man, that usually it was the man running after the office; and after he had secured the office he should be compelled to do the duty which devolved upon him and keep his business. He urged the grand jury to investigate all the officers of the county and see that the work of the county was being done in accordance with the law.

Judge Lyon said that from his own observation the prohibition law had done more for North Carolina than any law passed in fifty years. "I don't know nor care what others think of prohibition," said the judge, "but from my own observation it has done and is doing a great good in North Carolina; but even whether this is true or not it is your business as members of the grand jury to see that this law is enforced." The grand jury was also reminded of the law against gambling. The judge said, "Betting on the price of cotton, generally known as the selling of futures, is gambling, and any party engaged in that or any other game of chance is a competent witness against the other. Gambling is not honest; it is larceny, pure and simple."

In the second primary J. D. McNeill was nominated for mayor of Fayetteville.

NURSING MOTHERS show the beneficial effects of

Scott's Emulsion in a very short time. It not only builds her up, but enriches the mother's milk and properly nourishes the child.

Nearly all mothers who nurse their children should take this splendid food- tonic, not only to keep up their own strength but to properly nourish their children.

FOR SALE BY ALL DRUGGISTS

Send for name of paper and this ad. for our beautiful Savings Bank and Child's Book-Book. Each book contains a Good Luck Penny. **SCOTT & BOWNE, 409 Pearl St. New York**

GENERAL NEWS.

Gathered Here and There and Put in Condensed Form.

Colonel Paul B. Means, of Concord, is dead.

There are seventeen hundred telephones in Raleigh.

It is given out that Congress will adjourn about the middle of June.

Mark Twain, the great humorist, died at his home in New York, one day last week.

The Edenton Street Methodist church, of Raleigh, will build a \$25,000 Sunday school annex.

Sol. Shepard, the murderer of Engineer Holt, slashed a fellow convict in the prison barber shop Saturday.

Col. D. L. Ward, of Newbern, has been appointed judge of the third district, succeeding Judge Guion, resigned.

Goldsboro has at last put her street cars in operation. The first run over the system was made Tuesday of last week.

The police of Wilson made a raid on fourteen near-beer joints Friday, and gathered in all kinds of wet goods save whiskey.

The decomposed body of an unknown white man about 35 years old was found in Piedmont Park, at Greensboro, Saturday.

Senator John W. Daniel has so far recovered from his recent illness as to be taken to his home in Lynchburg, Va. He stood the trip well.

Congressman Morehead asks Congress for \$500,000 for the Guilford Battle Ground, half to go to a monument to General Greene, and half to monuments to other patriots who fought there and to beautifying the place still more.

A 12-year-old son of Gus Sears, colored, who lives twelve miles from here shot his little two-year-old sister to death with a flobert rifle. None of the family was at the house when the shooting took place. The boy is an epileptic and almost a idiot, though he had cunning enough to deny the shooting. The little girl tried to place the blame on some one else, but evidence that he did the shooting himself was conclusive. The family of Sears has had quite a tragic career. Two years ago the home was burned and two children lost their lives in the fire.—Kinston post to News and Observer.

FISHED UP WITH \$60,000.

Safe Was Swept Away by Tidal Wave That Destroyed Indianola, Texas, in 1875.

Galveston, Texas, April 19.—A large steel safe, containing diamond and money estimated to be worth between \$50,000 and \$60,000, lost in the hurricane and tidal wave which destroyed the town and seaport of Indianola, in Calhoun county, Texas, in 1875, has been recovered from the gulf. Indianola was situated on Powderhorn Peninsula, extending from the gulf. The safe was owned by James Williams, a jeweler, who packed all his valuables and money in the safe, which with his home was swept to sea. He and his daughter lost their lives.

It was said at the time that the safe contained \$75,000 worth of jewels and money, and for many years a reward of \$10,000 was offered for information of the treasure.

Frank Fauer, who has systematically searched for the treasure for many years, located it nearly a mile from the site of the Williams home. It was in about twenty feet of water and buried several feet in the sand. By a magnet the chest was located three weeks ago and divers uncovered it.

Educational Day.

Weldon, N. C., April 23.—Friday was observed as Education Day in the Methodist Episcopal Church here and most of the Methodist pastors of Halifax County were in attendance. Prof. R. C. Brooks, of the faculty of Trinity College, made a short talk in the interest of the college at its morning session, and at night Dr. Brooks delivered a powerful and stirring address on Christian Education. He spoke of education in its broadest sense. The knowledge that lifts men above themselves and causes them to cry out for something greater.

Dr. Brooks grew eloquent as he pictured the great heroes of the world waging a warfare for right and closed his magnificent address with a powerful appeal to his hearers for the education of their children along the right lines.

SOME EGG RECIPES

NEW AND OLD METHODS OF SERVING THEM.

Cooked a La Martin, in French Style. They Make a Delicious Luncheon Dish—Stuffed Eggs Also Will be Enjoyed.

Eggs a la Martin.—Have heating a shallow baking dish that will hold five broken eggs without crowding. Melt a teaspoon of butter in a saucepan, add one heaping teaspoon of flour, and when well blended add one cup of rich milk or thin cream, if you have it. Then add one-eighth of a teaspoon of salt, four tablespoonfuls of grated cheese. Stir well, remove from fire and pour into hot baking dish. Then carefully drop into the mixture five eggs without breaking the yolks; set in a hot oven and as soon as the whites are set, remove, sprinkle a pinch of salt and a dash of cayenne on each egg and a little chopped parsley over the whole, and serve at once. This is a delicious luncheon dish and easily prepared. It is a French dish and is seldom seen in America.

Eggs en Filets.—Butter a pan that may be set in the oven. Mix as many eggs as needed with a spoonful of brandy and a pinch of salt. Pour into pan and bake five minutes in a hot oven. Cool and cut in slices and dip these in a light batter. Fry in very hot fat for two minutes. Lift with a skimmer and drain. Serve garnished with parsley.

Stuffed Eggs.—Six hard boiled eggs. Peel and cut in lengthwise halves. Take the whites and save. Then take yolks, add salt and pepper and a little mustard, a little lemon juice and a pinch of paprika, and last of all about six chopped olives. Mix well and place back in whites which you leave in halves. Serve on lettuce leaves with chopped parsley. This will serve six persons, giving each two halves.

Eggs Nova Scotian.—Put a poached egg on top of a flat codfish cake, pour over it cream or tomato sauce and send to the table. The real Nova Scotia way is to place lots of butter on each egg, with pepper, as the fish will make the egg salt enough. This is a nice breakfast dish.

Eggs a la Creme.—Poach six eggs and arrange on platter, each egg on a slice of nicely toasted bread. Melt a tablespoonful of flour and butter in a saucepan; when melted pour over a pint of milk and stir until cooked (about five minutes); season with pepper, salt, a little Worcestershire sauce and tomato catsup, pour over eggs and serve.

Saxon Sausage.

Saxon sausage comes to us from the Germans. Cut six large apples of fine quality into eight parts, sprinkle them slightly with sugar and cinnamon and let them stand a few minutes. Meantime put a few currants on a plate, cover them with a little lukewarm water and let them soak a while until about half a pound of sausage has been fried. Then add the apples and also the currants after draining. Remove the sausage as soon as it is done, garnish with the fruit and make a gravy of the drippings after pouring off the grease on top by adding a glass of Rhine wine or water and mixing with flour in the usual way. Buckwheat cakes taste particularly good with sausage cooked in this manner, and so much fruit is served with it that it is not necessary to have any more at the same meal.

Rock Biscuit.

To make them, beat to a cream two-thirds cup butter and one cup sugar. Add three eggs well beaten, then a pint and a half flour sifted with a heaping teaspoon pure baking powder. Next add one cupful currants washed and dried, a half teaspoonful each extract lemon and nutmeg and a tablespoonful grape juice. Mix into a rather firm dough, turn on a slightly floured board and with a three-pronged steel fork scrape out little rough mounds of dough. Lay these on a greased tin and bake in a hot oven seven or eight minutes. The rougher they look, the more appropriate their name.

Real Scotch Shortbread.

Two pounds of flour; one pound of butter; a half pound of sifted sugar; a few citron, caraway comfits and sweet almonds. Put a pound of butter into a basin. Squeeze it with your floured hands near the fire until the butter is quite soft. Add the sweet almonds chopped very fine. Mix well together. Shape portions of it into small cakes a half-inch thick, using the floured hands as before. Bake in a very slow oven. Sprinkle over them the citron and caraway comfits.

Oatmeal Cookies.

Oatmeal cookies are practical cakes for children's school luncheon. One cupful sugar, one cupful shortening (half butter and half sweet lard), two eggs, ten teaspoonfuls sweet milk, one-half teaspoonful soda dissolved in one-half cupful water, two cupfuls grated oats, one cupful raisins cut in halves, one-half cupful nutmegs. Roll thin and cut moderately large and bake slowly. Are perfectly delicious and will keep for weeks.

Vaseline.

Vaseline is one of the best applications for the nails, and also for the hands when they become chapped, as it is extremely penetrating and healing.

The Commonwealth is \$1 a year.

USEFULNESS OF THE ANGORA

Goats Are Perfectly at Home on a Diet of Rose Brier, Wild Cherry and Other Undersgrowth.

Finding themselves in possession of a large tract of Yakima river bottom land covered for the most part with brushy thickets almost impenetrable, and finding the cost of clearing, grubbing and plowing this to be about \$40 per acre, we were forced to some slower and cheaper method of clearing and improving it. We are yet in the process.

We bought a small band of sheep and a few head of pure-bred Angoras for the purpose of cleaning out the undersgrowth of rose brier, buck brush, service berry, thorn, wild cherry, currant and sprouts of willow, alder,



An Angora Buck.

quaking aspen and balm, says a writer in Breeder's Gazette. The sheep could do no good in producing wool, mutton and lambs on these rations and required pasture additional, but the goats are perfectly at home, contented and prosperous on this diet.

We have now had three years of experience with them and pronounce them the most economical and effective remedy for such a situation as described. Their increase and fleeces have paid well. We have not lost one from disease or sickness of any sort; have had money enough from prizes, sale of bucks and fleeces to pay all first costs, including bucks purchased for breeding, and our flock is three times the original number at present. The brush is a little hard on their fleeces, but it is good for the goats and the brush, too.

They hold down the sprouts and the everlasting browsing winter and summer kills them off. We feed in winter alfalfa hay and grain and at kidding time a little grain. They are good leaders for the sheep both outward and homeward bound. They never have shown any disposition to be ugly toward the small children, but now and then give the dogs a gentle reminder and fight quite a little among themselves when closely confined. They are quite sociable in their work, half a dozen combining to ride down and strip some conifer or willow. Their enterprise is remarkable. Always they are on the move and in the direction of least resistance and largest prospect for feed.

Needed a Bonnet.

When Harry's little sister came, the nurse brought him in from play to see her. He looked at her with a frown and then said: "She got awful sunburnt coming down from heaven; she is so red."—Delineator.

See?

"If you want to see de bright side o' life," said Uncle Eben, "you's got to be willin' to put in a little patience an' hard work to help keep it polished up."

Post-Prandial Indulgence.

The man who regularly drinks coffee, port or liquor after dinner is physiologically worse off than the man who does not.—The Lancet.

Well! Well!

It seems to make some people positively angry if one insinuates that this world is not wholly a wilderness of woe.—Nashville American.

Sport-Loving Australians.

Australia's love of outdoor sports flourishes greatly on a very favorable climate and the universal half-holiday on Saturday.

BANISH CATARRH.

Breathe Hyomei for Two Minutes and Stuffed Up Head Will Vanish.

If you want to get relief from catarrh, cold in the head or from an irritating cough in the shortest time breathe Hyomei (pronounce it High-o-me).

It will clean out your head in two minutes and allow you to breathe freely. Hyomei will cure a cold in one day; it will relieve you of disgusting snuffles, hawking, spitting and offensive breath in a week.

Hyomei is made chiefly from eucalyptol, a soothing, healing, germ killing antiseptic, that comes from the eucalyptus forest of inland Australia where catarrh, asthma and consumption were never known to exist.

Hyomei is pleasant and easy to breathe. Just pour a few drops into the hard rubber inhaler, use a directed and cure is almost certain.

A complete Hyomei outfit, including inhaler and one bottle of Hyomei, costs only \$1.00 at drugstore everywhere and at E. T. Whitehead Company's, who guarantee it. If you already own an inhaler you can get an extra bottle of Hyomei, liquid, for only 50c.

ROYAL BAKING-POWDER

Makes the food of maximum quality at minimum cost

Wouldn't Leave Without Dog.
When the Cloughy (County Down, Ireland) lifeboat went to the assistance of the French bark Croisette, which had been driven ashore on a submerged reef, the men refused to leave the vessel without a little half-breed fox terrier. The animal was eventually found and rescued amid the cheers of the bark's crew, who were then brought ashore in the lifeboat and hospitably housed by the villagers.

Woman—the Power.
Any publisher will tell you that it is the approval of the women of the country which makes the "big sellers;" that to be a paying business investment the magazine must cater to the women. It is the women of the country who read. The men read the newspapers and the articles in the magazines which their wives recommend to them.—Appleton's.

Women in Thirteenth Century.
Father Pardow, a New York priest, says that in the thirteenth century there were women teachers in the Catholic universities. In the story of the mother of the Maccabees the Bible says she "joined a man's heart to a woman's thought," which shows that she, rather than man, was considered a person of intellect and capable of thought.

Charms Used by Gamblers.
Gamblers have many charms to insure good luck when playing. Among these are a fine catskin hung from the neck, a human knee bone or toe bone, an owl's heart, a small red feather, a mole's foot, a rabbit's foot, the tail of a lizard, the skin of a blacksnake worn around the waist or a lizard with two tails. The latter is irresistible.

Posthumous Names in China.
Another imperial decree has been issued on the subject of posthumous names to their late majesties the empress dowager and the emperor. Posthumous names of emperors in Chinese history never exceed 22 characters, and of empresses 16 characters.—Shanghai Mercury.

Might Be Good Scheme.
Dryden married Lady Elizabeth Howard, a shrew of marked ability. She complained that he showed her no attention, and wished herself a book that he might enjoy more of her society. "Wish yourself an almanac, my dear; then I could change you every year."

Origin of "Yankee."
The word "Yankee" is derived from a Cherokee word, *Eanhke*, which signifies coward and slave. This epithet of "Yankee" was bestowed upon the New Englanders by the Virginians for not assisting them in a war with the Cherokees.

Put Your Faith in Truth.
Have faith in truth, never in numbers. The great surge of numbers rolls up noisily and imposingly, but flattens on the shore, and slides back into the mud of oblivion. But a true opinion is the ocean itself, calm in its rest, eternal in its power.—Platt.

English and American Gallon.
The English gallon is ten pounds of water at a temperature of 60 degrees Fahrenheit. The American gallon weighs only 8.33 pounds. The difference, therefore, is 1.67 pounds. The American gallon is equivalent to 3,785 liters.

April showers bring colds, grippe, rheumatism, and other distressing troubles. Hollister's Rocky Mountain Tea effectually and quickly rid one of such troubles—prevents them too. A 35c package makes 105 cups tea. Try it today. E. T. Whitehead Company.

Fasted Two Days and Nights.
Commander Barry and his party, returning famished from their futile dash for the pole in 1906, slaughtered a herd of seven musk oxen on Hazen island, off the extreme north of Greenland. For two days and nights thereafter they crouched inside their snow huts, eating continuously, and when they had finished, the pile of bones outside was "as high as a tall man's chin."

Pet Dogs of the Egyptians.
Excavators in one of the ancient Egyptian cemeteries discovered the bodies of many pet dogs. One of the animals had ivory bracelets round its legs, while several had collars of twisted leather, one with a leather lead attached. The teeth of many of the dogs were in a noticeably bad condition, the result of idleness and unhealthy luxury.

Prosaic.
"Well, I do think New York should have been named Washington," said a visitor. "Every time I look out of a high window I see nothing but lines upon lines of washings hung between brick walls or on roofs. In fact, I think of New York, as seen from the skyscrapers, as consisting of windows and washings, isn't it so?"

Watch for the Comet.
The Red Dragon of the sky. Watch the children for spring coughs and colds. Careful mothers keep Foley's Honey and Tar in the house. It is the best and safest prevention and cure for croup where the need is urgent and immediate relief a vital necessity. Contains no opiate or harmful drugs. Refuse substitutes. Sold by all Druggists.

"Heaven! What's that awful quavering noise, a noise?"
"Sh! I forgot and stuck a two-foot hatpin right through my chan-teeler!"—Cleveland Leader.

Shake Into Your Shoes
Allen's Foot-Ease, a powder. It cures painful, swollen, smarting, nervous feet and instantly takes the sting out of corns and bunions and makes walking easy. Try it today. Sold everywhere, 25 cents.

"Well, Tam, did yemake any guid resolutions for the new year?"
"Aye, I've ta'en ma oath no tae touch whiskey again except as a medicine."
"En, Tam, then I'm feared y'e've condemned yersel' tae a life o' sickness."—Tit-Bits.

Worse Than Bullets.
Bullets have often caused less suffering to soldiers than the eczema L. W. Harriman, Burlington, Me., got in the army, and suffered with forty years. "But Bucklen's Arnica Salve cured me when all else failed," he writes. Greatest healer for Sores, Ulcers, Boils, Burns, Cuts, Wounds, Bruises and Piles. 25c at E. T. Whitehead Company's.

Mrs. Bridgwhist—What is the subject of Mrs. Suffragette's lecture this afternoon?
Mrs. Clubwoman—The disasters of married life.
Mrs. Bridgwhist—I suppose she will have her husband on the platform as an exhibit?—Stray Stories.

There Has Recently Been Placed
in all the drug stores an aromatic, pleasant herb cure for woman's ills, called Mother Gray's Australian Leaf. It is the only certain regulator. Quickly relieves female weaknesses and backache, kidney, bladder and urinary troubles. At all drug stores or by mail, 50 cents. Sample FREE. Address, The Mother Gray Company, LeRoy, N. Y.